The City of **SAN DIEGO**

Parks and Recreation Department

AEROBICS

Days: Tues & Thurs

Time: 5:00pm - 6:00pm Ages: 35+ MountainView Community Center

641 S Boundary St. San Diego CA, 92113 | 619-527-3417

JOIN US FOR A FULL BODY WORKOUT! OUR STAFF WILL LEAD YOU IN A EXERCISE FOR ALL LEVELS AND AGES GROUPS, DROP IN AND GET READY TO SWEAT.

Days: Mon - Thurs Time: 4:45pm - 7pm Ages: 5 - 16 years old

YOUTH SOCCER

Participants will learn soccer skills while having fun and learning the sport! *Practice times and games will vary by age division.



Come Join us every Monday for 5-a-side futsal inside our gymnasium. Experience a different type of soccer that is more fast paced and will help you develop

Days: Mon Time: 6pm - 8:30pm Ages: 14+ years old





SIGN - UP AT SDRECCONNECT.COM

HOURS OF OPERATION

oglam

MONDAY - THURSDAY 12PM-9PM

FRIDAY 12PM-8PM

SATURDAY - SUNDAY 9AM-5PM

HOURS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Days: Wednesday & Fridays Time: 3:30pm - 6:00pm Ages: 5 - 15 years old

Participants will create take home projects that will serve a lifetime of memories while learning valuable crafting skills.

YOUTH VOLLEYBALL

PARTICIPANTS WILL LEARN VOLLEYBALL SKILLS WHILE HAVING FUN AND LEARNING THE SPORT DAYS: FRIDAY *PRACTICE TIME: 5:30PM - 7PM TIMES AND GAMES WILL AGES: 12 - 16 YEARS OLD VARY BY AGE DIVISION.

The City of San Diego is committed to providing an equitable and industry environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, providing or mental disability, gender, gender identity, gender expression genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeedings, or learch medical conditions), race, traits historically associated with race (including hair texture and protected by federal, state, or local law (including being perceived or regarded as or associated with any protected (description). If anyone believes they have been discriminated regards, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Management (6) 2367/421, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.